



## Equipment

1. scissors (or other cutting tool)
2. marking implement (eg tailors chalk)
3. sewing machine

## Materials

1. fabric for mask (eg chemical-free white non-woven fabric vacuum cleaner bag)
2. elastic (eg 6mm wide woven elastic, )
3. bendable nose bridge stiffener (eg 0.9mm aluminium or copper wire 28cm long, bent in half to double)

## Making Instructions

1. cut out template
2. use a double layer of fabric to mark and cut
3. mark template outline on fabric
4. cut fabric, then separate 2 layers into 2 identical pieces
5. fold up bottom edge of one piece
6. sew line 1 and sew line 2

7. repeat steps 5-6 with second piece
8. flip one piece, line up both pieces with folded edges outside
9. sew line 3 from edge to edge  
(optionally, sew another line between line 3 and outside)
10. run elastic from X to X on top and back underneath from X to X
11. sew elastic at both ends X
12. slide nose bridge stiffener in hem pocket between sew lines

## Fitting Instructions

1. stretch both elastic straps over head and around back of neck, with mask at front
2. pull top mask layer over nose and bottom layer under chin
3. use 2 index fingers to bend the nose bridge stiffener tightly over nose and cheek bones
4. pull one elastic strap around head above ears
5. check for tight fit and no edge leaks - mask should suck in and out when breathing